# Pauline Furlong's Talks Beating It to Holland Ey Maurice Ketten On Health and Beauty



**Body Bending One of Best Exercises** 

OST of my readers know that the body is a factory of poisons and that many diseases arise through the efforts of the eliminating organs to expel the poisons from the system. When we lead inactive lives these organs become feeble and gradually so weak that they lose their power and strength

and it is then that we resort to drugs and other dan-

gerous methods to get relief from headaches, rheuma-

tism, common colds and other disorders which arise

Cosmetics, too, are employed to cover sallow complexion, pale cheeks and lips, and often false hair and so-called "transformations" are used by many women who could have luxurious hair if they but lived hygienic lives, devoting the time they employ for arranging false hair to exercise, massage and other things which would improve condition of

from clogged condition of the body,

their blood and stimulate its circulation. If your skin is sallow try daily baths, Turkish towel rubs, copious water drinking, deep breathing and some exercises to help the over-taxed liver. Also follow a light diet of easily digested foods, avoiding sweets, heavy pastries, greasy foods and candy.

The "liver squeeze" is one of the best exercises for torpid liver. It is practiced by standing with the heels together, hands raised straight above the head. Lower the body and touch (or try to touch) the floor with the fingers, .- Then, rise to original starting position and bend to the right side in the same manner, and then, after rising again, bend to the left side and touch the fingers to the floor. Repeat about ten times each day.

FATS IN THE BODY-M. L. H.: GARET M.: It is best not to use any Fats in the body are found under the cream on oily skin, but some creams skin, in the muscles and around cer- are less oily toan others. A good one tain organs. They act as a protection for the body against injury and it gramme; borax, 2 grammes; lanourereve as a stored supply of fuel. Fats in, 10 grammes; orange flower water, are liquid in the body, stored in albu-

ABOUT MASSAGE-T. R. W.: grammes. Warm the greases and ells in double boiler, add borax; beat well, then put in the orange flower ABOUT MASSAGE—T. R. W.:
Massage for the face is about the same as massage for other parts of the body, except that it must be applied more gently. Patting is applied with the fingers lightly striking the skin, as though playing a piano. This method is the usual one applied to the face, because it stimulates without pulling the flesh and causing it to sag. Another and heavier massage stroke is applied by picking up the flesh between the foreinger and thumb, and this movement is called kneading. Much pressure is needed on double chin.

CREAM FOR OILV SKIN—MAR.—

Well, then put in the orange flower water and lastly add the benzoln.

VITAMINES AND CALORIES—MRS, LAURA G.: Vitamines are tound in very smail amounts in foods, and while it is known that they have beneficial effects on general health and growth of the body, little about them seems to be known by authorities just yet. They are found freely in uncooked vegetables and fruits and it seems to be an established fact that cooking at high temperature althat cooking at high temperature althat cooking at high temperature althat cooking at high temperature of the down that they have beneficial effects on general health and growth of the body, little about them seems to be an established fact that cooking at high temperature all the cooking at high temperature of the flower water and lastly add the benzoln.

### Potato Recipes.

DROBABLY the most eco way to cook potatoes is to bot them in their jackets. Thoroughly wash before boiling and to avoid gogginess pure a ring around centre of potatoes. When baking pe tatoes, scrub them well so the sk may be eaten. If not served as soc ns baked prick skins with fork enable moisture to escape.

Following are a few of the many recipes for appetizing petato dishes: POTATO CROQUETTES.

To two cups of mashed potatos (hot or cold), seasoned with sait and pepper, add half a cup heated milk. one tablespoon melted butter or oil substitute a teasponful of onion juice. Thoroughly heat this mixture if cold potatoes are used. Beat to a cream. When partially cooled add beaten yolk of one egg and one tablespoonful of chooped paraley. Mix well. Roll lightly between hands into shape of cones. Roll in fine breadcrumbs and then in a mixture of two tablespoonfuls of milk and of two tablespoonfuls of milk and the white of egg, after which roll again in the crumbs and fry in deep fat or oil substitute. Drain on brown

If you have baked potatoes left over stuffed potatoes, but they must be prepared before they become cold. Immediately at end of meal cut the pomediately at e nat get it working. I was in a poeach end, soop out inner partion and
either pass through a vegetable pross
or manh. Add sail, peper and the
substitute to taste and sufficient milk
to make a light mixtre. Stand the
town he water and beat until very
ver hot water and beat until very
ver hot water and beat until very
ver hot water and beat until very
light. Pack lightly line the pass through a extraction might change from one
shells and set them in a cool place
until needed. When result to
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an egg (or this can be forced with the barton white
an egg (or this can be forced into ends
of potato and the potato be brushed over
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of potato and the potato be brushed over
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an egg (or this can be forced into ends
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The senemy, when is metres
to go off. If I had known then
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of avoid the section gas aboard,
hind co-operated with the other Arms fired it eartifles when it seemed to
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The enemy, when is metres
to go off. If I had known then
the foot lever to the foot lev a quick oven SCALLOPED POTATOES.

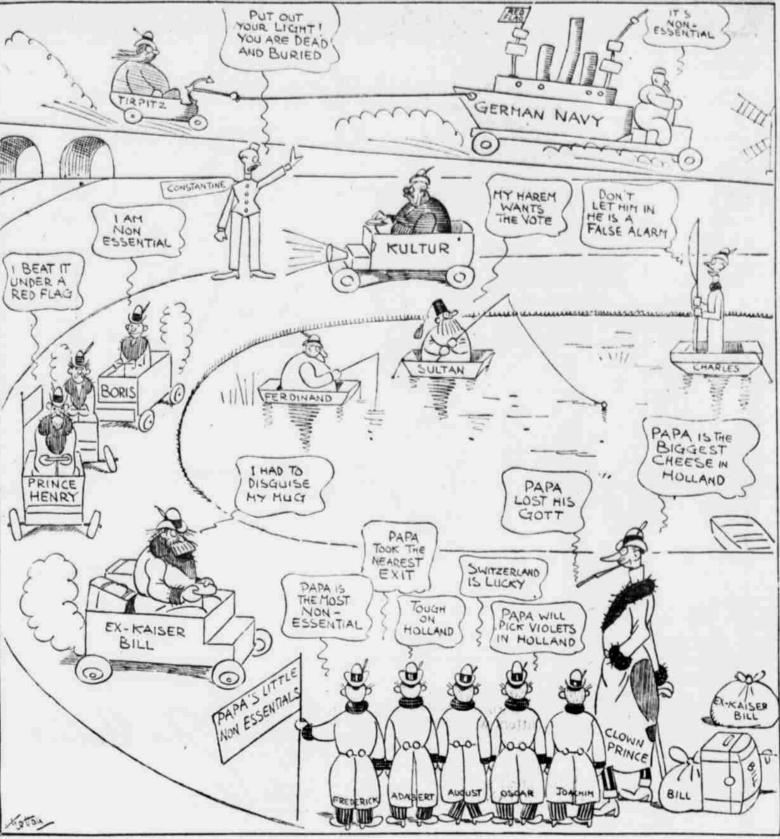
may be used. Make a cream the buffer substitute, flour sauce of the butter substitute, flou and milk and pour it over the sai Cover with grated quests. stitute. Bake in moderate oven about

LYONNAISE POTATOES

Cut cold potatoes into slices or ubes. Chop or slice one onlon. Put

TOES.

cold creamed potatoes add



GUYNEMER-THE ACE OF ACES

## The Evening World's Kiddie Klub Korne

Conducted by Eleanor Schorer

Buster's Adventures By Uncle Harry

BUSTER and Mr. Fox were in a morning when they heard a loud whistle. Running to the edge of the woods, they saw a long train. On some of the cars were big wagons, painted red, yellow and blue. From these came roars and growis. Mr. Fox was a little scared because he heard the how! of a wolf, but he was so curious he said he was going to follow the train. Buster hunted up Mr. Elephant to ask what could be in he wagons.

"It must be a circus train," said by friend, "and you heard the wild animais that are carried along to show the people. But the parade is th best part. Come along !

filding in a thicket they saw a great cause people were looking at him. ing tent set up in the meadow, and cont were men and women in white started. But Mr. Eiephant snatched him up and carried him away. When and gold clothes, riding on black horses. Next came the Roman gindators in chariots, and then a clown on a little wagon drawn by a donkey. He had a dog with a ruffle around his the dog would jump through a hoop-Buster was so excited he stood on his run through the forest. If they

"My!" he cried, "wouldn't I like to again." te that dog?"

Elephants and camels passed, and Buster. giraffe, with his song neck stick- "Well," Mr. Elephant replied, ing out of the top of his wagon. Then home now and come to see me came lions and tigers and almost morrow. We will try to find a every animal you could think of, to set Mr. Fox free."

Away he went, with Buster held in When the very last cage appeared his trunk, down the hill and across Buster's eyes popped out, in the cage he valley till the village was reached | sat Mr. Fox, bursting with pride be-

"I am going to get them to take soon the parade came in sight. in me," shouted Buster, and off be the circus was far behind, he stopped and said:

"They must have caught Mr. For He is very proud now, but unless be can get away will have to spend you, you would never see your m "I didn't think of that,"

## Cousin Eleanor's Klub Kolumn

OCTOBER CONTEST AWARD WINNER.

WHY I LOVE THE KIDDIE KLUB. I like the Kiddle Klub because I am an American boy and the Kiddie Klub is for American children. I like to read the nice things that the HONORABLE MENTION WIN free we all love so much. I am get- TEST CONCLUDED: ting all the Thrift Stamps I can to Marle Trieb, 530 Central Avenue, help the boys over there beat the Newark, N. J., aged twelve. foe. I think the boys in the 'renches | would feel good if they could read

once in a while. The Kaiser would not like the Kiddie Klub Korner ber-cause he is a devii and all the Kid-dies say so. By GEORGE SCHOENBERG, agesto

Kiddles say about the land of the NERS ! OCTOBER ESSAY CON-

THIRTEEN-YEAR COUSINS. Hazel Newman, James Wynn, Jennie Alpern, Edith Shiner, Lillian Vopat, Lillian Bonbotal, Vivinn Alle-spach, Miriam Smith, Benjamin Te-bias, Mary Adelman, Edith Bryson, Mabel Siream, Carolyn Dey, Rose Buckmaster, Ruth Bowes, Edith! Tozer, Yetta Goldberg, Geneviews Lynch, Victoria Steiniger, Dorothy Buckley, Pauline Burstien, James Adam, Ethel Douglas, Bertha Adam, Ethel Dourlas, Bertin Schneider Heien Bloomfield, Michael-Grunt, Esther Fusfeld, Rachel Kranke

ramer, Bella Sidelman Rhods Anna Weinstock, Beatrice Hawkins, FIFTEEN-YEAR COUSINS. Lucy Rist, Raiph Williams, Selma Scianzen, Bertha Glasser, Anna Keinecke, Helen Bollas, Thomas

Hecause they are sincere and honest am going to do something that

Cousin Eleanor.

HONORABLE MENTION. WHY I LOVE THE KIDDLE KLUB

Ten prizes of four Thrift Stamps (the equivalent of 31) will we awarded those of our Kiddle Klub members. ages from six to fifteen, inclusive, who write the best prayer to Santa in

The poem must not exceed twenty Contestants must state their NAME ADDRESS, AGE AND CERTIFICATE NUMBER.

Address Cousin Eleanor, The Berning World Kiddle Klub, No. 63 Parks Row, New York City. Contest closes Nov. 27.

HOW TO JOIN THE KLUB AND OBTAIN YOUR PIN.



COUPON NO. 392

ward me, so to speak, as if it recog- Sara Waters, Lawrence Killeen.

STORY

OF HIS 53 VICTORIES IN THE AIR, AS TOLD BY THE GREAT FLYER TO THE NARRATOR

GUYNEMER'S OWN

Translated by Clifton Harby Levy

SYNOPSIS OF PRECEDING CHAPTERS.

CHAPTER II.

or the average person to ent

through a trap door in a melodrama, the enemy as a shield! I turned on not increase the number of my vicor put of the Boche. For ten minutes I lay mained about two metres below the to my taste."

"But these different contests did not find them at all "Finally my Boche came near. He" "In the following week, the 14th. Sergit. Guynemer, who, a few days passed over the trenches of Beg. Bucquet and I had gone out as an later. Dec. 24, 1915, in celebration of tablespoonful of butter substitute hidden in that sea of mist. I could bedy of his machine. I regulated my into frying pan. Brown the onions in see nothing, but-and that was the speed by his, and from a distance this, then add the polatocs, season main point—I was not seen. The we must have looked like one gigandone, Just before serving add a teaspoonful of minced parsley and a few had to avoid falling foul of him. Here I lost not a single detail of the Geragain luck helped me: I shot up, man device. But what was the use, LEFT-OVER CREAMED POTA- climbing rapidly. When I reached the for I had not even a revolver to ing around, I fought with an Aviatik overtook him in a few minutes, crumple up at the stern. Bucquet clai missions requiring the finest open air I found myself leaning on shoot with, but the Boche would have over the forest of Ourseamp. I had swooping down upon him some twen- started out in pursuit of this Bloche, spirit of sacrifice and taken part in Place in a continue. The enemy was no offensive weapon, Cover top equilibrium. The enemy was no offensive weapon,

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The person above hardly dared to the earth, make a motion downward for fear

(Continued.) lief. level As for myself, finding it too N Sept. 30," Guynemer told "Om Nov. 6 there was a new in- foolish to be in this position without toresting information, but not have over and he fell out. This sight was meters apart, each one hoping to N Sept. 30," Guynemer told "Gen Nov. 6 there was a new in- foolish to be in this position without me, "when I was in a cident for my eighth fight, and this, being able to take advantage of it, implicated plane at 2.200 too, on account of my gun jamming. I fussed with my gun again, trying interest the average of the favorable position. As soon the average of the favorable position. As soon in second best essays together with the average of the average of the favorable position. As soon in second best essays together with the average of the favorable position. As soon in the average of the favorable position, as soon of the average for in the line of the average of the favorable position. As soon in second best essays together with the average of the average of the favorable position. As soon in the average of the favorable position, as soon of the average of the favorable position. As soon in the average of the favorable position, as soon of the average of the favorable position. As soon in the average of the favorable position, as soon of the average of the favorable position. As soon in the average of the favorable position, as soon of the average of the favorable position. As soon in the average of the favorable position, as soon of the average of the favorable position. As soon in the average of the favorable position, as soon of the average of the favorable position. As soon in the average of the favorable position, as soon of the average of the favorable position. As soon in the average of the favorable position, as soon of the average of the favorable position. As soon in the average of the favorable position, as soon of the average of the favorable position. As soon in the average of the favorable position, as soon of the average of the favorable position. I the average of the favorable position, as soon of the average of the favorable position. I the average of the favorable position, as soon of the average of the favorable position. As soon in the average of the favorable position, as soon of the avera all my duels in the air took place at endless trouble. I must admit that to drop the steering control. It was the air clear, I some hundred meters the other side work my rapid-firer with my has been been been been side work my rapid-firer with my has been been been side work my rapid-firer with my has been been side work my rapid-firer with my has been been side work my rapid-firer with my has been side work my rapid-firer with my has been side work at the side work my rapid-firer with my has been side work my rapid-firer with m this, aittifde), more than thirty kilos it is because I had not studied how certainly not the moment to do such a few over the enemy lines, and of the line. It was really a collect over my head. And in this series a moises within the lines of the enemy, they worked with sufficient care, But a thing. Suddenly I saw that I was saw far over the enemy lines, and of the line. It was really a collect over my head. And in this series a not get it working. I was in a po- because they cannot help it. On this derstanding. Judging that the dan- for pray? Without stopping to see rather amusing, proving now well I fight would end in a collision. I had not get it working. I was in a po- because they cannot help it. On this stiron where I could not reply to day my gun was frezen and refused ger was imminent. I quickly gave a whether I had plenty of gas aboard, bad so-open tell with the other Arms fleed if cartridges when it seemed to clouds floated 200 metres beneath with a Parabellum quick-firer.

salic together in twin fastion. And us, and I did not hesitate, notwith
"I began by trying to face him so
I can assure you that the Backe did not hesitate, notwithstanding the advice always given us, as to fire, when I found that my not try to profit by the situation; be mapped out my plan of combat. I re
mes who had become the wings, the required no less than neighboring industrial natural intermediate that I timed and demonstrate in the shelter, but out that I timed and demonstrate in its rache all that time. I which burned in its rache all the shelter, but on the plant of combat. I re
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mes who had become the wings, the mapped out my plan of combat. I re
mes who had become the combat. I re-One quart potatoes two cups scaled of avoid clouds and mist, to plunge rapid-fire gun had not the least mursuitue, three tablespoonfuls flour, one at full speed into the expanse of derous intention. It seemed as if without stopping to see whether I teaspoonful salt and one-fourth was cloud and disappear from the eyes the good Bache god were protecting could find my way alone. I think are conditions, not, how-bad accomplished a double strong fine debrig of the rocker. It had held speciful pepper. Either raw or cold of my adversary, who certainly had him. But my French God, the true that if he has not yet been killed over certain conclusions, not, how bad accomplished a double stroke the debris of the rocker. It had held not been killed over certain conclusions, not, how bad accomplished a double stroke the debris of the rocker. It had held not been killed over certain conclusions, not, how bad accomplished a double stroke the debris of the rocker. already counted me as heaten down, God, was He about to abandon me? he will not soon forget this experi-

one wing, but soon regained my been at my mercy with the most in- been watching him for an hour and ty metres below me. I fired a volley already heavily handicapped, cut off 13 combats in the air, of which two a half. He had made several at- of 47 cartridges. The Boche, a large his retrent and saw but one person on ended in the burning and downfall of

He must have been very much an- to come back again a little later. I to see him piroutte in space, the ef- abandoned, out of order. It came tonosed, for he had followed each could not continue this game of hide- feet was so sudden. move, and knew that I was very and-seek indefinitely. I dashed to- "As had been the case three days nized a friend. too must have had his regrets; if me with two shots from his rapid- of the apparatus by this sudden twist advantage of the situation; I fired 55 Lawrence Lynas, Marjorie Carolyn Bernhardt, Samuel too must have had his regrets; if me with two shots from his rapid- of the apparatus by this sudden twist advantage of the apparatus by this sudden twist advantage of the was lessed by my shots. He fell in a shots at short range, and as he was lessed McSkimming. Louise there had only been a trap door under firer. I replied by a row of 47 car- caused by my shots. He fell in a shots at short range, and as he was lessed McSkimming. Louise there had only been a trap door under firer. I replied by a row of 47 car- caused by my shots. He fell in a shots at short range, and as he was lessed mesh mineral trap door under firer. I replied by a row of 47 car- caused by my shots. He fell in a shots at short range, and as he was lessed mesh mineral trap door under firer. I replied by a row of 47 car- caused by my shots.

kaccked me down by a kick on the joy that he was falling, all awhirl, tinued his fall into the abyss! Fire helped the enemy to go down to the anti, Harry Charyn, V. Burns, Hele kacked me down by a kick on the joy that he was falling, all awhirl, tinued his fall into the abyss! Fire helped the enemy to go down to the O'Neil, Margaret Housman, head. But is it not true that the During the fall, at 200 metres below had broken out almost at once. At nother regions, he nearly caught me Fluxarud, Dorothy Oulan. plane builders could not think of me, I beheld a really trugic spectacle: 1,500 meters I saw an awful thing: as he fell. everything, and would hardly have in a sudden twist of the aeroplane, the pilot in his turn was tossed out "Seon thereafter I attacked a dreamed that aeroplanes ever would left to itself, one of its two pussengers of the cockpit. He had sat there mu- second Fokker (single seat), firing be used for a dual parade like this? was thrown overboard and dashed to tionless, joited, tossed about like a through the propeller, jooking much

puppet. He was dead! But his fall like a 14 meter Morane-Saulmer. He "My victory was more conclusive had been brought about by the fire- seemed to have a los horse-power, of coming too close to me and being on Dec. 8. I was on my way to cruise. His belt being burned through, he single-valve motor. Then same a real in the sector of Roye-Nesle. I had had swayed with the aeropiane at phantasis. We turned about one anabout finished after raining too close to me and being on Dec. 8. I was on my way to cruise. His belt being burned through, he single-valve motor. Then same a real in the sector of Roye-Nesle. I had had swayed with the aeropiane at phantasis. We turned about one anabout finished after raining too close to me and being on Dec. 8. I was on my way to cruise had been brought about by the fire-seemed to have a 100 horse-power, about finished, after gaining some in- every turn, until it turned completely other almost vertically, less than ten

to be added to the list of his con- What was I to do? No clouds about ence The Siamese Twins of the my entire plan would probably not free to admit, without any faise mode into all these breaks, and was not quests.

The distribution of the facts. And I esty. As to my good luck, just think; sinushed. A discounting cable was "This disappearance, which was out.

ou. joint recollections.

we ally preferred to have it so, that I At the moment I landed I did not also severed. For my fourteenth much like the drepping of the traitor. "Only one resource was left, to use "But these different contents did might gain by experience a knowledge have more than two likes of game. With I had been royally served."

breadcrumbs and brown in a longer there, and I did not wait for "He, who had me at the moment tempts to cross the French lines and L. V. G., turned over at once and board. At last I came up. The Fok- enemy aeroplanes."

k oven.

The enemy was no office the enemy was no office the enemy aeroplanes. The Fok- enemy aero

Of course I took

passed over the trenches of Beu- Bucquet and I had gone out as an later, Dec. 24, 1915, in celebration of vraigne, zigzagging ad the way, to escort of some bombarding planes, his twenty-first birthday, received see whether he was pursued, or if which were to operate upon the aeros the Cross of a Chevaller of the Lemain point—I was not seen. The we must have looked like one gigan— 667 life 5th, 5th and 14th of De- there was anything to fear. He was drome of Hervilly. I sighted a Fok- gion of Honor with this inscription: cember were to be more a careful man! But, nevertheless, he ker, which, in the course of a fight "Prior of Great Valor, filled with favorable for me. On the did not see me. I took advantage of with a Voisin, had had its observer devotion and courage. Within six first day, while I was cruise that I came un from the first day, while I was cruis- this! I came up from the rear and killed; the French pilot had seen him months he has carried out two spe-

(To He Continued.)